

(avoid passing ball 'cross in front of the basket being guarded.)

3. To intercept the attack of the opponents & launch their own attack.

Practice - Rebound I Slip - bounce outside
" II Quick pass, from guard to guard.

Lora Creighton

70 Victoria Rd,
Dartmouth, N. S.

99 St. George St.,
Toronto, Ontario.

Miss Sheila Ryan

Miss Sheila Ryan Miss Sheila the

Sheila Ryan

Sheila Ryan

Sheila Ryan

Sheila Ryan

R R R

Individual Defense -

Better game if skillful defense stop skillful offense. Balance between two make better game. Better to lose game than go outside of rules - better skill. Best defense team with fewest no. of personal fouls. Depends upon 2 position 3 stance 4 foot work.

Position

1. Basic point in position between player & basket.

2. Favour side inside of the floor.

Stance: 1. Playing safe to 3 side.

2. Fund. rule to force player out of bounds - unfavorable pos.

3. Position such that it can always locate ~~itself~~ from opponent. Close to basket means no play to her.

2. Relative speed of mov.

(slow guard farther away from fast forward)

Stance - position one takes to get foot work started or to stop a shot at basket.

2. Feet 4

3. Place favorite foot & keep all weight on rear foot & raise ^{front} arm in front.

Foot Work

1. Any move opponent makes - body to be there.

2. Fund. try to find pass to get guards off direction.

Fundamental Techniques - B1.

Do you want to be a Basketball Player - 34

Individual Offensive

Catching a ball -

Causes of fumbling -

1. Taking eyes off of ball. -
2. Fingers too close to gether.
3. Tendency to jump when catching.
4. Never keep eye on ball til catcher catches it.
5. Too much spin of ball.
6. The farther the distance the ball goes the more accurate ball & passer & catcher have to be.
7. Pass at right speed - not too swift.

Two hand under hand pass - hands at side

of ball & fingers spread. Zig-zag formation.
Single under hand pass - forwards for high pass.

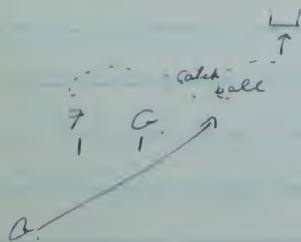
Single over hand pass - for long pass.

3 objections - 1. When raise it up you telegraph what is going to be done.

2. Apt to put curve on ball when realising it.

3. 2 to 3 better than one.

Practice Formation for Single O.H. pass.



August 1941

July 12. P.M. 10.00
I had a letter from Mary & family
saying they were all well & had
just moved to a new house. They
were all very happy & were
looking forward to seeing me.

October 1. Sunday. A fine day for
a walk.

November 1. Sunday. A fine day for
a walk.

December 1. Sunday. A fine day for
a walk.

January 1. Sunday. A fine day for
a walk.

February 1. Sunday. A fine day for
a walk.

March 1. Sunday. A fine day for
a walk.

April 1. Sunday. A fine day for
a walk.

May 1. Sunday. A fine day for
a walk.

June 1. Sunday. A fine day for
a walk.

July 1. Sunday. A fine day for
a walk.

August 1. Sunday. A fine day for
a walk.

September 1. Sunday. A fine day for
a walk.

October 1. Sunday. A fine day for
a walk.

November 1. Sunday. A fine day for
a walk.

December 1. Sunday. A fine day for
a walk.

January 1. Sunday. A fine day for
a walk.

February 1. Sunday. A fine day for
a walk.

March 1. Sunday. A fine day for
a walk.

April 1. Sunday. A fine day for
a walk.

May 1. Sunday. A fine day for
a walk.

June 1. Sunday. A fine day for
a walk.

July 1. Sunday. A fine day for
a walk.

August 1. Sunday. A fine day for
a walk.

September 1. Sunday. A fine day for
a walk.

Shooting - Back

1. Height
2. Distance
3. Direction

If able to pass ball - can shoot.

1. Height - higher than rim. Work for happy medium.

2. Distance - Ball shot usual error. When in game kept eye on rim of basket

3. Shooting straight a matter of balance. Develop a steady set shot.

Clear and Bank Shots. - long shots clear.

If sinking a shot concentrate on shot on board and don't look at rim. For bank shot there can be quite a bit of speed.

First Shot 1. Hold ball almost directly at its sides. Easier to guide. Some players have hands too far back - ... shows direction off.

2. Ball must not touch palms of hands - use finger tips.

3. Fingers well spread.

4. Use a normal free stance with ft. staggered.

5. Keep eye on spot.

6. Kneel slightly - not too deep & not too little.

7. Keep smooth.

8. Lower ball to waist

9. Come up with arms & legs at same time and not too fast.

10. Bring ball up close

103

back as ball 11. " body up on same plane as

In other words

12. Release ball by rotating hands in - opening palm of hand & basket.

13. Do not jerk on finish.

14. Follow thro' with arms & step - poor policy to jump.

15. Be following the flight of the ball you will see where you ^{should} be in rebound.

16. Every shot ^{should} be a good one or you should know the reason why.

The Hand Push Shot.

1. Close & scaked, usually while in motion.

2. Push a lot of speed.

3. 2 groups 1. Hand Push - shot from R.

2. " " " " " " " " " " " "

3. " " " " " " " " " " " " in front.

4. " " " " " " " " " " " " cutting across from L. & R.

To remember -

1. Keep eyes on basket.

2. Release ball at pt. of jump.

3. Close the action.

4. Push ball about 1 ft. R. or L. depending

on side shot is taken. ^{step in air} Keep close in front.

5. Ball transferred to L. hand - ^{should} - direct.

6. Then folding ball & reach toward basket as L. is made.

7. Efficient under basket shot - helps shot with 2 hands.

Foul Shots. (Read)

To set type of shot for this
the shot that suits player - practised til
player has mastered it.

P. List - 2 I read understand.

To remember.

1. Foul. regular practice.
2. After each shot - move.
3. Sam. Then. keep records.

Shot shooting should not be neglected in practice.
to some extent & a correct early foul shot is a
point & the one must practice regularly.

When practicing foul shots a player should
not stand in same spot without moving
during entire practice. After each shot she should
step away from foul line. In a game one moves
back up to the line when foul shot is taken
(reception of double shot award). A few possible
ways all practice simulate game conditions.

P. must include a keeping progress indicator
in shooting foul & practice - I keep a chart
or card file in which each girl records
the no. of foul shots taken & the no. made
at every practice. In every way the
player may record her own progress or
lack of progress.

Team Play - General Suggestions.

1. It is usually suicide to use long passes on a small floor.
2. Most players can stand a lot of training after practice but it is poison to some.
3. The reward for obtaining the ball should at least be a shot at the basket - be not your up until this is accomplished.
4. If it is ahead of you it is and go down your & careful. Don't take chances. If behind - take chances.
5. Have definite assignments so 2 index players should take ball out of bounds at back of floor.
6. If player is difficult to pass it to - never let him meet pass. Training is not done if it is not understood.
7. Pivots should practice free throw shooting regularly.
8. A ball score & time & effort & I should.
9. Do everything & whatever you can. The winning team should look back on game with delightful memories - & they must not give opponent except during game.
10. Subs need more than spirit than regular players.
11. Player handling ball should always have a team mate trailing.
12. Throw out of bounds balls, in as quick as possible.
13. A ten foot. Shots for basket-guard should turn with shot & focus eye on ball & keep between foot & basket. - On recovering ball guard should make front line & power come ball front on 2-ward side line.

Shooting Practice

I



Semi-circle
set shot.

II



Two flies
short banked shot

III



X1 = X2
X2 = point + pass X = 3.

IV



Return Pass
Screen Play.